



Question Time

WITH KAVITA



Hello FSM family!
As promised, this month I put my thinking cap on for you and I'm troubleshooting some questions sent in by readers from all over the world. I would like to preface this piece by saying, thank you so much for writing in; not that I need an excuse, but your questions did give me the perfect chance to totally geek out about product, which is one of my favorite things to do!

Dr. Hauschka
eyeliner



So without further ado, our reader Carla kicks us off with a common complaint.

Q:

Hi Kavita,

I have been accidentally "glutened" twice in recent weeks by beauty products; once by a hair serum and once by a CC cream, both containing wheat germ oil. Now that I'm more conscious about reading ingredient lists more carefully, I've been seeing wheat germ oil show up in a lot of popular hair and beauty products. What does it do for these products that other oils can't? And if one of the listed ingredients says "natural oils," should I avoid that product?

Thanks!

Carla.

A:

Don't you hate it when that happens? You think you've checked out the ingredients thoroughly, know what you're in for, and SURPRISE! Whilst it's still somewhat controversial as to whether gluten is actually absorbed by the skin, I say you know you best and you have the right to know what you're using. Wheat germ oil is so popular because it helps to preserve products longer, wheat is readily available (being produced in 42 states in America) and wheat germ oil is also one of the purest forms of plant-derived vitamin E available. Coming from the germ of the wheat kernel, it's packed with nutrients to nourish a budding plant; high in anti-oxidants, Vitamins A, B and D, it is extremely conditioning (which is why it's common in hair products), nourishing, soothing and healing (which is why it's found in many

skincare products). However, the biggest quandary with wheat germ oil is that whilst it is often derived from sources of gluten, it is not always. It can be found sneakily hiding in many cosmetics under other names such as tocopherol, Triticum vulgare, or vitamin E and to add to the confusion, sometimes gluten-free products containing tocopherol are ok because either they're from non-wheat sources, or the aggravating protein is no longer present in the end result due to the refining process.

To answer the second part of your question regarding "natural oils", this mysterious ingredient has me perplexed and feeling suspicious...what on earth have those "natural" oils been extracted from? If you're at the stage where you're investigating ingredients, I would take such broad labeling as a red flag.

Next up, Deb wants to know,

Q:

"I am looking for gluten free eyeliner. Could you please let me know what company has it?"

A:

The gorgeous **Dr. Hauschka** range is gluten-free and their eyeliners come in five fabulous shades from slate blue to jet-black. I'm a big fan of this brand and love their Kajal liners containing Rose Damascena Flower Oil, as they're very gentle on the delicate eye area. If you want a variety of textures, **Tarte** have an array of liquid, pencil and crème liners that range from smolderingly smudgy, to smudge-proof. I love the currently limited edition dual-toned Amazonian clay liner; one side is intense black and the other bronze, so it's a perfect one-stop-shop depending on how you're feeling. Lastly my all-time favorite,

BOBBI BROWN
Longwear Gel Eyeliner



Thankfully brands are wising-up to the fact that consumers are more and more interested in gluten-free living

go-to, bulletproof eyeliner pick is **Bobbi Brown** Longwear Gel Eyeliner; it's a constant in my makeup kit and probably my longest standing love affair in the eyeliner department. You can smudge them for a smoky finish, or draw a graphic line with your favorite brush; this product is so versatile and the dense texture makes it easier to use than liquid. Take note here however, depending on your level of gluten intolerance the brand assures me no wheat, barley or oats have been used in the product, but it is not certified gluten-free.

And now for a brand-specific questions several of you had...

Q: Do you know if **Bare Minerals** make up is gluten-free?

A: Bare Minerals does not actively contain ingredients derived from barley, oats, rye, spelt or wheat, which are the most common sources of gluten in cosmetics. However, like many brands, they cannot guarantee that each product is produced in a gluten-free facility.

Q: What is a good gluten-free makeup and body wash?

A: Thankfully brands are wising-up to the fact that consumers are more and more interested in gluten-free living that extends to topical products, so there are an impressive number of gluten-free

JASON
Body Wash





It's a gluten minefield out there as the FDA does not mandate allergen labeling for oats, rye, barley, malt and brewer's yeast.

makeup lines available now. One that I'm thrilled to say makes the cut is **RMS**, which I love, love, loooooove! Developed by veteran makeup artist Rosemary Swift, her makeup is certified organic, gluten-free, GMO-



RMS
The Living
Luminizer

free, soy-free, packaged in recyclable glass containers with aluminum lids, and they do not test the products on animals. Did I mention that I love RMS? The Living Luminizer is a cult classic amongst models, makeup artists and celebrities, and in general, the products are coconut oil and shea butter based, so they couldn't be kinder to your skin. Invest in RMS for makeup that is creamy, sheer and will leave your skin glowing and gorgeous.

As for body washes, **JASON** has launched a special gluten-free range of shower products, hurrah! Widely available and extremely affordable these are great in-shower staples that you can use lavishly and replenish without breaking the bank.

Q: Hi Kavita, What are some of the most missed products that we think are gluten-free?
Julie

A: Oh boy! If you're anything like me Julie, this topic often leaves you feeling a like the kitten that got tangled up in the ball of yarn it innocently started tugging at. Staring at nonsensical scientific blurbs on the sides of bottles that seem hopeless, but don't lose heart, it's not our fault

when we're unsure of what to look for. It's a gluten minefield out there as the FDA does not mandate allergen labeling for oats, rye, barley, malt and brewer's yeast, yet these ingredients must of course also be avoided by those with celiac disease. Even if companies don't actively add ingredients containing gluten to their products, they may be produced in a facility that also produces products containing gluten or allergens that can be problematic.

As previously mentioned, **wheat germ oil**, **tocopherol**, **vitamin E** and anything beginning with **Triticum** are all hotly debated ingredients when it comes to gluten, regardless of the refining process (although wheat can hide in labels such as **zinc undecylenoyl** which is hydrolyzed wheat protein).

To save you getting eye-strain and a headache, start off small by watching out for these sneaky labels: anything **Avena sativa** is basically oat derived; look out for the word **Hordeum** as that is barley, and rye often hides as **Secale cereale**.

Of course, it's not always only gluten we're concerned with on our beauty products. For those with multiple food allergies in addition to being gluten-free, there is more to look for!

Q:

Hi Kavita,
Can you recommend soap or body wash for someone with multiple allergies. My skin seems to react to just about everything I use.

Thanks for any suggestions.
Sherita

A:

Hi Sherita,
When it comes to sensitive skin and allergic reactions, I empathize. Have you thought about using skincare products for babies? It might sound silly, but I've found that to be a great help. Fragrance is often an irritant so I always have a bottle of **Dr. Bronner's Unscented Baby-Mild Castile Soap** in my shower. Certified fair trade, this liquid soap is no nonsense and I

personally have not found it irritating to my skin at all. This product is also a perfect example for when tocopherol is definitely gluten-free, as in this case it is derived from sunflower seed oil.

Another great product you can rely on is **California Baby Super Sensitive Shampoo & Shower Gel**. Also fragrance-free, both these products double as shampoo so they're also perfect for gym bags, yoga bags and travel.

For all you beach babies out there **Ahava** have harnessed the mineral-rich content of the ocean and packed it into their Moisturizing Sea Salt Soap and Anti-Bacterial Purifying Mud Soap which are both wonderful bar soaps.

Take your pick Sherita, and let me know how you fare!

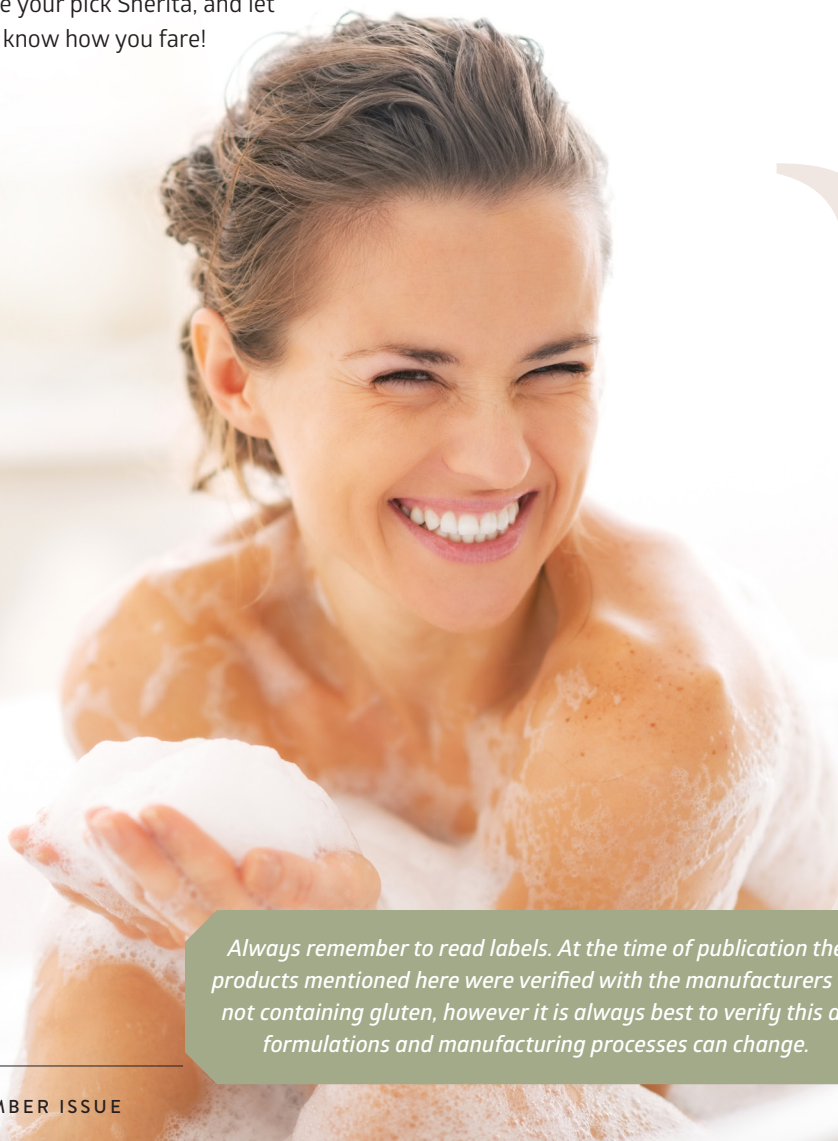
By now, Readers, you may have learned of the love/hate relationship I have with my ever-tempestuous skin; to say it's sensitive would be the biggest understatement I've made this year, so I'm with you! I'm with you trying to find a routine that works, trying to find products, trying not to tear my hair out in frustration. Feel free to write in with your questions at any time, and let's stick together on this journey and find a way through the maze together.

Happy gluten-free holidays,

Kavita



Dr. Bronner's
Unscented
Baby-Mild
Castile Soap



Always remember to read labels. At the time of publication the products mentioned here were verified with the manufacturers as not containing gluten, however it is always best to verify this as formulations and manufacturing processes can change.